COMMIT2FIT WOODLAND Wellness

Would you like to

make healthier choices? reduce disease symptoms and risk? win great prizes? eat better?

Saturday morning walks 9-10 am

Douglass Park (corner of Road 98 and El Dorado)

Every Saturday starting 1/9/16

Wednesday Evening Speakers

6-7:30 pm Leake Room of the Library

Register NOW at www.cityofwoodland.org/commit2fit to receive event information and invite your family, friends, and co-workers to sign up! Let's get everyone moving!

Jan. 6 **Dr. McDougall's Color Picture Book. Food Poisoning: How to Cure It by Eating Beans, Corn, Pasta, Potatoes, Rice, etc.** Dr. John McDougall (Skype)
founder and director of the nationally renowned McDougall Program; author of several books

Jan. 13 **Nutrition in Cancer Prevention** Dr. Andrew Klonecke
Subchief for Nuclear Medicine, North Valley; Radiation Safety Officer; Chair of the Chiefs of Nuclear Medicine, NCAL

Jan. 20 **Plants & Protein - Not Paleo: Plant Based Foods Provide Abundant High Quality Protein** Dr. Ted Hoehn
Emergency Medicine Physician, Kaiser; coronary health lecturer

Jan. 27 **Avoiding Chronic Disease and Disability** Dr. Don Forrester
Family Medicine Physician for more than 30 years; Physician with Sacramento Job Corps; Medical Director for EarthSave's Meals for Health; Staff Physician with the McDougall Clinic

Feb. 3 **Easy Edibles in Your Garden** Don Shor
nursery owner/master gardener

Feb. 10 **The Continuum of Evil and the Secret to Healthy Change** Dr. Doug Lisle
Director of Research for TrueNorth Health Center; several books and videos, including The Pleasure Trap

Feb. 17 **The 5 Steps of Transition to Plant-Based Living** Lani Muelrath
former teacher, two books: Plant-Based Journey and Fit Quickies

Feb. 24 **Nutrition Tips to Reverse Heart Disease, Lose Weight, and Preserve the Environment** Dr. Rajiv Misquitta
Internal Medicine, Kaiser; book: Healthy Heart, Healthy Planet

Mar. 2 **I Almost Died Needlessly, Will You?** John Tanner
PhD, founder and director of NuSci, The Nutrition Science Foundation

Mar. 9 **Smooth Digestion – From Canker Sores to Constipation, How What You Eat and Drink Can Change Everything!** Timaree Hagenburger
Nutrition Professor, Dietician

Mar. 16 **Film: "Forks over Knives"**

Mar. 23 **Making Lifestyle Changes Work for You** Linda Middlesworth
Cancer Project, Food for Life Instructor; Certified Personal Trainer/Aerobic Instructor; Certified Plant Nutrition, Cornell University

Mar. 30 **Breast Cancer Research Stamp: The Global Journey to Finding the Cure**
Dr. Ernie Bodai *Breast Cancer Specialist; creator of the Breast Cancer Research Stamp*